March 5 - 11

Local schools observe 'Music in Our Schools Week'

The week of March 5 through 11 is "Music in Our Schools Week."

The week is sponsored by the Music Educators National Conference, a national group of 64,000 music teachers.

The idea behind the week-long observance is to get people interested in good music teaching in schools.

This year's theme is "Music is a Sharing Experience."

In Appomattox County schools, the music-education program is an extensive one.

The elementary-level music program consists of general music instruction in grades 3-6. Students learn to recognize and repeat pitches and rhythms. They practice movements, singing, and playing instruments. They also work on sight-singing and becoming a better listener. The students at this level get a foundation on which they may build their musical skills.

The elementary music program also reinforces math, reading, science and social studies instruction, and helps the student learn to follow directions, as well as aiding in development of the child's motor skills.

Many of the students at this level get to perform in the Christmas and Spring musicals that the music department produces each year.

The Middle School offers two-semester grade-7 exploratory music classes, and two class of eighth-grade chorus.

The exploratory classes allow the students to practice their music skills with recorders. They study musical composers and composition, as well as the effect of music in the media, and careers that involve music.

As with the elementary program, the middle school music program gives students a practical application for their skills in areas ranging from mathematics to movement.

The eighth-grade chorus classes work on sight singing and reading music. They study two- and three-part music. The classes perform at several P.T.A. meetings and at several all-school assemblies, including an assembly sponsored by the music department.

The high school choral program consists of three chorus classes.

Beginning chorus is offered to any student taking chorus for the first time. Concert choir is offered to any student with choral experience and the consent of the director.

This group performs at various concerts at school and in the community throughout the year.

The Chorale is a select group. Auditions are held each spring. These students have participated in various state and regional Chorale events. They travel frequently in and out of the state. They have performed this year at the Washington Cathedral, and are preparing a performance for the New England Festival of Music in Boston, Mass.

The instrumental-music program for students in Appomattox County public schools begins at Appomattox Elementary School in the sixth grade. Beginning band at A.E.S. is offered to the 25-30 students who demonstrate above average music aptitude on a standart music aptitude test.

Beginning band is offered at Appomattox Middle School to all seventh- and eighth-grade students who are interested in learning to play a band instrument. AMS also provides intermediate band for students with a minimum of one year of successful instrumental training. Advanced middle school students may have the opportunity to participate in marching concert band with the high school students at ACHS.

The instrumental-music program at the high school consists of instrumental ensemble and marching concert band.

The Instrumental ensemble is designed for students who either do not wish to participate in marching concert band, or who do not qualify for participation in this group. The marching concert band performs in parades, at football games, and gives a number of concerts during the school year.

AMS BEGINNING BAND Students Practice

ACHS CONCERT CHOIR is shown at practice.

MUSIC STUDENTS AT AES study notes.

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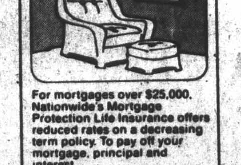

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PUBLIC NOTICE

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ROUTE 643
APPOMATTOX COUNTY

All interested persons are advised that the State Highway and Transportation Commission of Virginia is hereby indicating its willingness to hold a Combined Location and Design Public Hearing concerning the proposed construction of a Drainage Structure and necessary Approaches at the North Fork Falling River, on Route 643, in Appomattox County. This project is located approximately four miles southwest of Appomattox.

Maps, drawings, and other information concerning the proposed project are available for public review and copying in the Department of Highways and Transportation's District Office located on Route 501 just south of Route 460 in Lynchburg, and in its Residency Office located on Route 1003 (Ferguson Street) just east of the Norfolk and Western Railway Overpass in Appomattox.

Any interested citizen from the communities affected by this proposal may request that a Public Hearing be held by sending a written request to Mr. T. E. Pittman, Resident Engineer, Virginia Department of Highways and Transportation, Appomattox, Virginia 24522, on or before March 23, 1984. In the event such a request is received, a further notice of the time and place of the hearing will be posted.

State Highway and Transportation Commission of Virginia

MARCH 5 — MARCH 11
National Music Appreciation Week

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When dieting

Body still needs recommended nutrients

By SHIRLEY W. WALTON
Extension Agent

Good News For Homemakers — HOME ECONOMICS

Surveys show that some diets in the United States do not provide the recommended amounts of certain nutrients according to the United States Department of Agriculture. Some of the nutrients often found to be problems in a person's diet are the minerals: calcium, iron, magnesium and zinc. Vitamins, which people do not consume enough of are vitamins A, C, B6 and Folacin.

Milk and cheese are the major sources of calcium in U.S. diets. Other sources are sardines, canned salmon eaten with bones, dark green leafy vegetables, dried beans and peas and corn tortillas. Many people feel after they have passed the magic age of 16 they no longer need a good supply of milk and milk products daily. This is untrue. It is extremely important that persons have at least two servings of milk and dairy products during their adult years.

The most highly absorbable iron is found in red meat, liver, poultry and fish. Other sources are leafy green vegetables, dried beans and peas, whole grain products, and enriched breads and fortified cereals. Be sure when you are purchasing any kind of bread, pasta or cereal in the market, it has been labeled "enriched and/or fortified with vitamins and minerals."

Many foods contain worthwhile amounts of magnesium. Especially good sources are leafy green vegetables, nuts and seeds, whole grain and dried peas and beans. The richest sources of zinc are red meat, liver and other organ meats, plus shellfish, especially oysters. Other sources are poultry, cheese, whole grain cereals, dried beans and peas and nuts and seeds.

Vitamins that we find are lacking in many diets include: Vitamin A, which found in animal foods such as liver, egg yolks, cheese, whole milk, butter, fortified margarine and low fat. Some fruits and vegetables contain beta carotene, which is converted to Vitamin A in the body. These include carrots, broccoli, spinach, sweet potatoes, pumpkins, winter squash and cantaloupes.

Vitamin C is found in citrus fruits, berries, melons, dark vegetables, tomatoes, green peppers, cabbage and potatoes. We have finished celebrating Potato Month during February. You will find some interesting potatoes on the market now such as Spanish potato, which is in some local supermarkets, and other interesting varieties of the fruits and vegetables just mentioned.

Vitamin B6 is found in meat and poultry, fish, dried beans and peas, whole grain breads and cereals and bananas. Folacin is found in dark green leafy vegetables, whole grain breads and cereals, dried beans and peas and fruits, especially organge juice.

As I have listed the foods this week which are found in the minerals and vitamins that are deficient in our diet, you will see a trend. If you will include more whole grain cereals, more fresh green leafy vegetables and foods from the milk and dairy foods group and bread and cereal group, you will find that you will improve the quality of your diet.

Remember, we are what we eat. Be sure that you choose wisely in the supermarket to get the most value from your food shopping dollar. Also, remember that if you have a homemaking question or problem, you may call 352-8244 or you may write us at Appomattox County Extension Office, P.O. Box 488, Appomattox, VA 24522.

Have a good day and a good week!

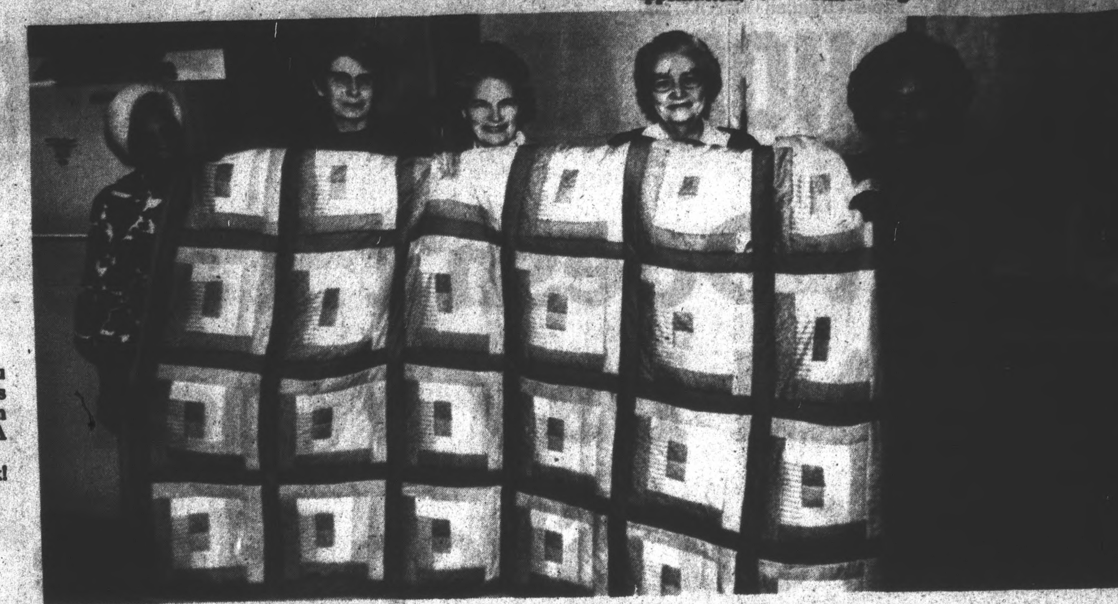
RECIPE OF THE WEEK
Cherry Salad

1 can Red Tart Cherries (plus juice)
½ cup sugar
Dash Salt

Boil cherries, sugar and salt for 5 minutes to dissolve sugar. Remove from heat and add:
1 Small pkg. red cherry gelatin (stir until dissolved)
1 small can crushed pineapple
½ cup pecans (optional)

Pour in bowl or mold. This is delicious.

Thanks to Barbara Kaye McLaughlin for sharing this delicious salad with us.



MEMBERS OF THE APPOMATTOX COUNTY EXTENSION HOMEMAKERS COUNCIL (from left) Mrs. Georgia Fleshman, Pauline Reeve, Susie Gallier, Grace Miner, and Ora McCoy, show a handmade quilt for which donations will be accepted in a contest to raise money for the benefit of Linda Booth. Mrs. Booth was severely injured in a farm accident last year, and is currently recovering. (Photo by Bill Sherred)

FFA alumni seeks new members

The Appomattox FFA Alumni Affiliate is seeking new members among the nearly 3,000 persons in Appomattox County who have been FFA members.

"The sole purpose of our alumni organization is to provide assistance and support to current FFA members," Ben D. Wheeler, chairman of the membership committee, explains.

A major current project of the affiliate is to purchase and develop a 20-acre land laboratory adjacent to Appomattox County High School.

Former FFA members who are interested in joining the FFA Alumni are invited and urged to get in touch with Ben Wheeler or Marvin House, Jr., Central Fidelity Bank, as soon as possible.

Gene Dixon elected to membership in AAA

Kyanite Farms, Gene Dixon, Jr., president, Madisonville, Va., has been elected to membership in the American Angus Association, reports Dick Spader, executive vice president of the national organization with headquarters in St. Joseph, Missouri.

The American Angus Association, with some 38,000 active life and junior members, is the largest beef cattle registry association in the world. Its computerized records include detailed information on nearly 10 million registered Angus cattle.

The association records ancestral information and keeps records of production on individual animals for its members. These permanent records help members select and mate the best animals in their herds to produce highest quality, efficient breeding cattle which are then recorded with the American Angus Association. Most of these registered Angus are used by the U.S. Farmers and ranchers who raise high quality beef for U.S. consumption.

Cattle producers schedule meeting

The state Board of Agriculture and Consumer Services will consider a petition for a referendum among Virginia cattle producers at a meeting scheduled for March 14 at 9 a.m. in the board room of the Washington Building on Bank Street, in Richmond.

The referendum's purpose is to determine if cattle producers wish to assess themselves for the establishment of the Virginia Cattle Industry Commission.

This assessment would amount to 25 cents per head on all cattle and calves sold, with the exception of dairy cows going back to farms for milk production and those animals selling for less than $20 per head. The money collected would be used for research, education and promotion of the use and sale of beef and beef products.

The board meeting will start at 9 a.m., and the cattle producers' petition is scheduled to be presented at approximately 11 a.m.

Other items listed on the agenda include the gypsy moth eradication plan for Floyd and Montgomery Counties, proposed standards relative to the transportation of animals and horses, updates on the Avian Flu, EDB, and the program evaluation an regulatory review being conducted in the department.

Students, teachers will participate in concert

Six music students, and two teachers from Appomattox will participate in the second "Monster Concert" presented by the Music Department at Longwood College on Saturday, March 10 at 3 p.m.

The students are Susan Carnefix, Terri Hamlett, Lisa Williamson, Regina Watkins, David Fedison and Sherry Wilcox. The local teachers are Sue Wright and Virginia Carnefix.

After a morning of rehearsals, Dr. Robert E. Blasch, professor of music at Longwood, will conduct in Molnar Recital Hall, an afternoon of compositions using as many as 16 performers at one time.

This "piano orchestra" concert is open to students grade 6 through high school, and will be performed for the public without charge.

The concert will consist of pieces by Schubert, Mozart, Tchaikovsky, Faure, Ives and Bach.

Grades 4 - 8 - 11

Area students begin SRA achievement tests

Beginning on March 14, and continuing throughout the next two weeks, the state mandated SRA achievement test series will be given to students in the fourth, eighth and 11th grades.

In appomattox County, the sixth grade will also take the tests. Parents are asked to be particularly aware of these testing dates so that they can see that their children attend school, are well rested, and arrive at school on time during these weeks.

These tests are given each year to all students in specified grades throughout the state of Virginia. The results of the test provide important information to students, parents, and school personnel about the status of individual students in attaining academic skills and knowledge considered important nationwide.

In addition, the results provide data to the general public about the success of schools in fulfilling their educational mandate. County school personnel also use the information to identify specific strengths and weaknesses in the local instructional program. Parents and students will receive copies of the test results before the school session is over.

School personnel invite parents who have any questions about the tests to contact them.

Happiness is 4-H

By FRANK H. SWEET
Extension Agent

More than 300 persons attended last week's 4-H Public Speaking Program at Appomattox Elementary School. Top winners in each age group were awarded trophies by Mr. William A. Hunter, President of Farmers National Bank, who sponsors awards for 4-H Public Speaking. This year's top winners included: David Wilbun, Ginny Sweet, Katina McCoy, Rodney Thompson, Greg Totty, Nathan Gregory, Rhonda Ranson, Sharla Kvasnicka, Tiffany Royal and Jeannice Bartelt. The County 4-H Speaking Program involved a total of 430 young people this year.

* * *

Strawberry plants will be delivered this week. Special notices will be sent to each family ordering strawberries with instrucitons about picking up the plants.

* * *

Special workshops will be held the weeks of March 12-16 and March 19-23 for young people working on 4-H presentations. These workshops will be held in the cafeteria of AES each afternoon from 3:30 - 5:00 p.m. Youngsters wishing to participate will need to have permission to stay after school. Several older 4-H'ers will be assisting with the workshops.

The County 4-H Presentaton Contest will be held on Saturday morning, March 24, from 9:30 - 11:30 a.m. at Appomattox Elementary School. Presentations provide a chance for young people to show others how to make or do something they have learned. All 4-H'ers aged 9-13 are eligible to participate. Volunteer leaders and older 4-H'ers will assist with judging and announcing.

* * *

Brett Marston was the only Senior 4-H'er to successfully complete and submit a 4-H Achievement Record this year. Brett's book will be evaluated with others from across the state to select 4-H'ers to attend national 4-H Congress in Chicago.

* * *

The East Central District 4-H Volunteer Leaders meeting will be held at the District Extension Offic eon Saturday, March 10, from 9:00 a.m. - 1:30 p.m. Special program, including learning to judge presentations and [illegible] programs, will be covered at this meeting. All volunteers are invited to attend. A registration fee of $2.00 will be charged and a covered dish luncheon will be held.

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